



CONSUMER HEALTH WEB SITES

Version 3.0

**CONSUMER HEALTH LIBRARY PANEL
June 2005**

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INTRODUCTION

There have been many efforts made to evaluate web sites and you may ask, "Why compile another list?" There are a number of reasons to do this---

First, we felt it was most helpful if the list was arranged by subject and that for each subject a single best site (or maybe two) was chosen. This eliminates unnecessary searching from site to site for accurate information.

Second, we investigated sites that VA librarians had specifically recommended. They have stood the test of reliability by our colleagues and they are focused on the unique needs of our veteran patients.

Third, we applied a number of criteria to the review and evaluation process for each site to try to guarantee the best sites possible were selected for inclusion in the list. These criteria are:

- names of the individuals responsible for the content are listed with their credentials as well as any sponsoring agencies,
- links included on the page are all to other reliable sites
- contact information is included
- information is balanced and based on reliable data
- the site domain is an indication of reliability (i.e. .gov, .edu, .org)
- the appearance of the site is attractive and easy to use; layout, font size and use of color add to the site's readability
- information on the site is easy find and the site is easy to navigate
- if there is any advertising it is kept to a minimum and is clearly separate from the information on the site; there are not 'pop-up' web sites
- the date when the site was last update is clearly indicated
- all links are current and 'live'
- there are no financial costs or charges for accessing the site
- no special software is required to view the site
- higher level features are kept to a minimum such as java, frames, animation, or used only when necessary
- a clearly identified Privacy Statement is included on the site
- the purpose of the site is stated
- the site is fully 'web accessible'
- there is a searching capability or a site map
- help features are available

Fourth, each site was meticulously reviewed and annotated so the user knows in advance what the features of each site have to offer.

The bibliography contains two types of references:

1. Other lists of web sites that are well respected in the health field. These were used as a source of sites to review.
2. References that offer helpful hints on how to evaluate the usefulness and reliability of health related web sites.

This document is only as good as its last review. To maintain the usefulness of these sites an ongoing evaluation of all the sites on the list will have to be done on a recurring basis at least once a year. Similarly, continuing assessment of new sites to consider adding will have to be done to assure that each subject area remains current and meaningful.

General Health Web Sites

MedlinePlus

<http://medlineplus.gov>

National Library of Medicine web site provides quality consumer health information. It includes:

- **Health Topics:** over 650 topics in an A-Z arrangement, on conditions, diseases, and wellness.
- **Drug Information:** Information on thousands of prescription and over-the-counter medications, using two drug resources: MedMaster, and the USP DI Advice for the Patient.
- **Medical Encyclopedia:** The Adam Health Illustrated Encyclopedia includes over 4,000 articles about diseases, tests, symptoms, injuries and surgeries. Includes an extensive library of medical photographs and illustrations.
- **Interactive tutorials:** over 165 health slideshows with sound and pictures.
- **Merriam-Webster Medical Dictionary**
- **News:** health news from the past 30 days. You can sign up for regular e-mail notification of new information weekly or as it is posted.
- **ClinicalTrials.gov:** provides information about clinical research studies.
- **Directories,** including directories for general doctors and dentists, specialists, other health care providers, general hospitals and clinics, specialized hospitals and clinics, and other health care facilities and services.
- **Other resources,** including a collection of organizations providing health information, consumer health libraries, government health sites from other nations, link to MEDLINE.
- **Spanish** version is also available at this site.
- **Easy-to-read handouts** are available at this site.

My HealtheVet

www.myhealth.va.gov

My HealtheVet, launched in November 2003, is a VHA web site created for veterans, their families, and VA employees. It provides one-stop shopping for VA benefits, healthcare information, special programs, online computer training options and other services. There is a registration process involved to gain full access to all the features and to protect veterans' privacy. Once logged in, veterans can access many features. Enhancements planned for release during the summer of 2005 consist of online ordering of prescription refills, viewing appointments, and a new health education library. Future enhancements still in development are the viewing of co-pay balances and reviewing VA health records. Information at the site includes:

- **Health Education Libraries** provide access to selected commercial, non-commercial and governmental health databases via customized links. This includes MedlinePlus and the VA National Center for Health Promotion and Disease Prevention (NCHPDP). The latter NCHPDP's library provides topics of specific interest to veteran patients and their families.
- **Personal Health Record**--a convenient and secure online register for health information. Log in and click the My Care tab to access:
 - ✓ Personal Information
 - ✓ Wallet ID Card
 - ✓ Military Health History
 - ✓ Medications, over-the-counter drugs, herbals and supplements
 - ✓ Medical

- ✓ Tests
- ✓ Allergies
- ✓ Health eLogs provide the ability to track: blood sugar, blood pressure, cholesterol, heart rate, body temperature, body weight, and pain.

Healthfinder

<http://www.healthfinder.gov>

Award-winning federal web site for consumers by the U.S. Department of Health and Human Services since 1997. The site includes:

- **Health Library** that provides an A-Z listing of health topics, including a medical encyclopedia, medical dictionaries, frequently asked questions, and more.
- **Just for you:** health topics organized for specific groups such as age-related, ethnicity, caregivers, gender.
- **Health Care:** Information about doctors, dentists, nursing homes, Medicare, health fraud, long-term care, etc.
- **Online Checkups** in an A-Z arrangement.
- **Organizations:** Carefully selected health information web sites from government agencies, clearinghouses, nonprofits, and universities.
- **Health News**
- **Spanish** language version is available.

InteliHealth

<http://www.intelihealth.com>

Web site created by Aetna in partnership with Harvard Medical School. The site does include advertisements but they are clearly labeled. Highlights of the site:

- About 50 broad topics listed under diseases and conditions, but also an A-Z listing of hundreds of topics for diseases, conditions, and procedures
- About 20 topics under “**Healthy Lifestyle**”, including addiction, men’s health, senior’s health, and others.
- “**Look It Up**”, a medical dictionary, and a listing of health resources and associations, Physician locator, and a Drug resource center
- Dental Section--in addition to general dental health information this section includes: Parent's Guide, Dental News, Ask the dentist, Just for Kids, and interactive tools and videos.
- Health commentary section written by Harvard Medical School experts on various topics.
- Ask the Expert. Community chats provide an avenue to ask experts questions on various topics and share opinions with others. Transcripts of past chat events are posted.
- Interactive tools--this site has a wide variety of illustrations and tools such as BMI Calculator, recipes and nutrition information, and self-assessment quizzes.
- Today's News section.
- There is an option to sign up for weekly e-mails on health or dental topics or for access to message boards. Message boards are also available on such topics as caregiving support, women's health, and mind and body.

Mayo Clinic

www.mayoclinic.org

The Mayo Clinic created this web site. There is some advertising but it is minimal and strictly regulated by the Mayo Clinic. Information at this site includes:

- **Disease and Conditions:** A-Z listing plus major disease centers.

- **Treatment Decision Guides** for various conditions (including colorectal cancer, cancer screening, early-stage prostate cancer, herniated disks, etc.)
- **Healthy Living Centers** (including food and nutrition, men's health, women's health, healthy aging).
- **Drug information supplied by Micromedex.**
- **Health tools**
- **Other features, including**
 - ✓ **First Aid** information
 - ✓ **Recipes**
 - ✓ **Slide shows and videos**

Note: Registration is not required but is an option if one wants to create a personal page and use the interactive features.

NOAH: New York Online Access to Health

www.noah-health.org/index.html

NOAH was established in 1994 by four New York City library organizations to provide a reliable consumer health web site with information in both English and **Spanish**. Librarians and health professionals in New York and beyond find, select, and organize full-text consumer health information that is current relevant, accurate and unbiased. The site is easy to navigate, very comprehensive and includes an option to change the font size of the page for easier readability.

It includes:

- **Health topics**--a listing of content in NOAH by body area or disease.
- **Index A-Z**--scan a list of all conditions and health issues.
- **Videos** on general health, women's health, men's health, and healthy aging topics.
- **Page of the month**
- **Word search**

NetWellness

<http://www.netwellness.org>

NetWellness is a project of Ohio Universities that is dedicated to providing the highest quality health information and education services created and evaluated by faculty of their partner universities. Click on any of 100 health topics to find in-depth information on hundreds of diseases and wellness issues. Health professionals are also available to respond to specific questions.

- Over 35,000 pages of health information.
- Straight from the faculty of three leading universities.
- **Ask an Expert:** 305 world-class experts answer your health questions.
- Unbiased, private.
- **Five Ways to search the site:**
 - ✓ General search box
 - ✓ Health topics section
 - ✓ Your health section, where you can specify one of the following: African American, children, men's, senior, or women's health.
 - ✓ Reference library that includes: Adam, Clinical trials. Gov, Merck, and Ohio State University documents that are in English, Spanish, and Somali.
 - ✓ Site index.

The site is updated daily. There is a link to a newsletter and featured topics are rotated on the main page. The site is very easy to use and includes generous help screens as well as short evaluations on each page for feedback.

Aging

NIH Senior Health

<http://www.nihseniorhealth.gov>

This site was developed by the National Institute on Aging and the National Library of Medicine to provide easily accessible aging-related health information available to the health care consumer. Each health topic includes general background information, open captioned videos, quizzes and frequently asked questions. The site's senior-friendly features include large print, short, easy-to-read segments of information and simple navigation. A "talking" function reads the text aloud and special buttons to enlarge the text or turn on high contrast make text more readable. Topics included at this site are:

- **Alzheimer's Disease**
- **Arthritis**
- **Balance Problems**
- **Breast Cancer**
- **Caring for Someone with Alzheimer's**
- **Colorectal Cancer**
- **Diabetes**
- **Exercise for Older Adults**
- **Hearing Loss**
- **Lung Cancer**
- **Prostate Cancer**
- **Shingles**
- **Sleep and Aging**
- **Taking Medicines**

AIDS

HIV InSite

<http://hivinsite.ucsf.edu>

This site was developed in 1997 by the University of California San Francisco (UCSF), and is produced in collaboration with the San Francisco Veterans Affairs Medical Center. Includes:

- **HIV InSite Knowledge Base**, a complete textbook with extensive references
- **Patient Fact Sheets**, including topics on opportunistic infections and malignancies, symptoms, and side effects; diagnostic tests. Hot links are provided that link to the sponsoring agency. Descriptions of the sponsoring agencies are also provided, and include such information as type of organization, type of information available, language availability, and reading level.
- **New and Noteworthy** section included on home page as well as at other locations. Information provided here is from such sources as Reuters Medical News and the Associated Press.
- **Streaming media**

The Body

<http://www.thebody.com>

The Body is the web site of Body Health Resources Corporation and is sponsored by several pharmaceutical companies, including Merck, Abbott, Pfizer, Hoffman-La Roche, Bristol-Myers Squibb, and others. Its mission is provide information on HIV/AIDS and its treatment, improve

the patients' quality of life, help lower barriers between patients and clinicians, and foster community through human connection. Information at this site includes:

- **HIV/AIDS information in more than 550 topic areas**, including:
 - ✓ **AIDS basics and prevention**
 - ✓ **Treatment**
 - ✓ **Quality of life issues**
 - ✓ **AIDS hotlines**
- **Sign-Up for weekly e-mail updates**
- **Ask the Experts forums**
- **Bulletin boards**
- **Information in Spanish**
- **Slides**
- **Search Box**

Alzheimer's Disease

Alzheimer's Association

<http://www.alz.org/>

The Alzheimer's Association was founded in 1980, by family caregivers and is the largest national voluntary health organization dedicated to advancing Alzheimer's research and helping those affected by the disease. Information at this site includes:

- **Basic Information about Alzheimer's** includes causes and risk factors, warning signs, diagnosis, treatment options, statistics, and myths.
- **Local Chapters**, providing an easy search to the chapter located nearest you.
- **Clinical Trials**
- **Message Boards**, including separate boards for people with Alzheimer's, family caregivers and friends, physicians and health care workers, and researchers.
- **Creative Works**, including artwork, poetry and stories.

Alzheimer's Disease Education and Referral Center (ADEAR)

<http://www.alzheimers.org>

ADEAR is a service of the National Institute on Aging, one of the National Institutes of Health. Information at this site includes:

- **Fact Sheets**, including caregiver guide, home safety, medications, depression
- **Information in Spanish**
- **Information on state Alzheimer's Disease Referral Centers**
- **Search Box**

Arthritis

Arthritis Foundation

<http://www.arthritis.org>

The Arthritis Foundation was founded in 1948 by a group of scientists and physicians as the Arthritis and Rheumatism Foundation. Information at this site includes:

- **Arthritis Today**: selective articles from the latest issue as well as selective articles from past issues.
- **Conditions and Treatments**--online brochures and articles about arthritis.

- **Resources**--articles about living with arthritis.
- **Question and Answer** section of frequently asked questions.
- **Electronic Newsletter sign-up**
- **Communities**--links to local offices by zip code, message boards, and RA Connect--an online community for people who have rheumatoid arthritis.
- **Spanish language version** also available at site.
- **Search Box**

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

<http://www.niams.nih.gov/hi/index.htm>

NIAMS is one of the institutes of the National Institute of Health. Its mission is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases, the training of basic and clinical scientists to carry out the research, and the dissemination of information on the research progress. Consumer health information at this site includes:

- **A-Z listing of health topics in this area**
- **Other related topics**, including an extensive article on how to find medical information that covers such areas as information available through libraries, recommended list of references for the home library, services available through the federal government and other organizations, searching the Internet, and making informed decisions.
- **Site is also available in a Spanish Language version.**
- **Studies with Patients**--information about clinical trials.
- **Search Box**

Cancer

American Cancer Society

<http://www.cancer.org>

The American Cancer Society is a nationwide, community-based voluntary health organization dedicated to eliminating cancer as a major health problem. To date, it has invested more than \$2.5 billion in cancer research. The web site includes information for professionals as well as consumers. Patient health information includes the following:

- **Basic information, prevention and early detection**
- **Treatment topics and resources**, including treatment decision tools, monitoring tools
- **Coping with Treatment**
- **Interactive Treatment Decision Tools**
- **After Treatment**
- **Cancer Support Network**, including discussion boards, chat rooms, an expression gallery.
- **Live Internet Broadcast**, including a recording of broadcast for later use.
- **ACS News Center**
- **Current Cancer Statistics**
- **Asian language materials**
- **Information in Spanish**
- **Videos**
- **My Planner**
- **Local Community Information**
- **Local involvement**, including Legislator contact, Relay for Life, Making Stride Against Breast Cancer, Coach vs. Cancer Council

- **Easy to Read pamphlets for ordering/purchasing; not available online**
- **Search box powered by Google**

National Cancer Institute

<http://www.cancer.gov>

The National Cancer Institute is a component of the National Institutes of Health (NIH), and was established in 1937 as the federal government's principal agency for cancer research and training. This web site was the winner of the 2004 Freddie Award. Information at the site includes:

- **Types of cancers** (listed by common cancers, body location, and alphabetically)
- **Treatment**
- **Prevention, genetics, and causes**
- **Screening and testing**
- **Coping**
- **Support groups and resources**
- **Clinical trials**
- **Statistics**
- **Recent major news releases**
- **Dictionary of cancer-related terms**
- **LiveHelp service**, providing online assistance in answering questions about cancer or questions about navigating the web site.
- **NCI Publications (health sheets)**
- **Research & Funding**
- **PDQ Cancer Information Summaries**
- **Complementary & Alternative Medicines**
- **Link to NIH Senior Health (with speech activation and text enlargement)**
- **Information in *Spanish***

OncoLink

<http://www.oncolink.com>

OncoLink is the web site of the Abramson Cancer Center of the University of Pennsylvania and was founded in 1994 to help cancer patients, families, health care workers and the general public get accurate cancer-related information. It has several corporate sponsors, including Lilly Oncology, Elsevier Science, Bristol Myers Squibb, Amgen, AstraZeneca, Integral PET, and Aventis. Information at this site includes:

- **Types of cancer**
- **Treatment information**
- **Coping**
- **Clinical Trials**
- **Ask the Experts** section, where one can send a question online to one of their medical experts. If selected, the question will be posted at the site.
- **Cancer News**
- **Cancer Resources**
- **Search Box**
- **OncoTip of the Day**
- **OncoLink Art Gallery**: a collection of artistic works by individuals whose lives have been touched by cancer.
- **OncoLink TV**: video clips of special cancer-related events and stories.
- **OncoLink Library**, which includes recommended books and videos as well as titles to avoid.

Complementary and Alternative Medicine

National Center for Complementary & Alternative Medicine. National Institutes of Health.

<http://nccam.nih.gov/health>

The National Center for Complementary and Alternative Medicine (NCCAM) is one of 27 institutes and centers that make up the National Institutes of Health (NIH) and is dedicated to exploring complementary and alternative healing practices in the context of rigorous science. There is a professional section as well as patient health education materials. The consumer health materials include:

- **Understanding Complementary and Alternative Medicine (CAM)**
- **Diseases and Conditions**
- **Be an Informed Consumer**
- **Treatments and Therapies**
- **Dietary and Herbal Supplements**
- **Alerts and Advisories**--information on drug interactions, harmful side effects, and public health advisories.

The NCCAM Clearinghouse responds to inquiries in English and **Spanish**.

Death and Dying

Hospice Foundation of America

<http://www.hospicefoundation.org>

Hospice Foundation of America is a nonprofit organization whose mission is to assist those who cope either personally or professionally with terminal illness, death, and the process of grief. The web site includes information for professionals as well as consumers. Information included at this site:

- **Locating a Hospice**
- **Ask an Expert**
- **Grief Resource page**
- **End-of-life information page**
- **Caregivers Corner** includes:
 - ✓ Links to other related sites
 - ✓ Tools, i.e. caregiver self-assessments, holiday survival guide
 - ✓ Selective readings
- **E-newsletter**, published monthly.
- **Information on the annual satellite teleconference.**
- **Search end-of-life database**
- **Information on HFA publications**

Dermatology

American Academy of Dermatology

<http://www.aad.org/public/>

The American Academy of Dermatology is the largest dermatology association, with a membership of over 13,700 dermatologists. Although a large portion of this site is devoted to the professional, there is a "public resources" section that includes the following:

- **Patient Education pamphlets:** over 50 pamphlets provided, with several in **Spanish**.

- **E-newsletter sign-up.**
- **Press releases:** the current year's releases are listed chronologically; previous years are listed by broad topics such as skin cancer and sun safety, acne, general skin care.
- **Dermatologist profile:** includes office hours, credentials, and insurance information.
- **Other resources** links to support group and patient advocate sites.

Diabetes

American Diabetes Association

<http://www.diabetes.org>

The American Diabetes Association, a nonprofit health organization, was founded in 1940 to provide diabetes research, information and advocacy. Information at this site includes:

- **In Diabetes Today** section, providing several recent articles on topics concerning diabetes.
- **Diabetes Forecast:** full text of selective articles from current and past issues.
- **Electronic newsletter** sign-up for seven different titles.
- **Topics covered include:**
 - ✓ **All About Diabetes** (includes a **Multimedia** section that has online videos)
 - ✓ **Nutrition & Recipes** (including **Recipe of the Day**).
 - ✓ **Weight Loss & Exercise**
 - ✓ **Diabetes Prevention**
 - ✓ **Diabetes Research** (including Clinical Trials)
 - ✓ **Community Programs** and Local Events (includes **Special Populations** section for Latinos, African Americans, Native Americans, and Asian Americans & Pacific Islanders)
- **Tip of the Day**
- **Diabetes Dictionary**
- **Online Chats** with medical experts and Message Board
- **Mirrored Spanish site** located at <http://www.diabetes.org/espanol>

Joslin Diabetes Center

<http://www.joslin.org>

Established in 1898 and affiliated with Harvard Medical School, Joslin Diabetes Center is internationally recognized for its work in the treatment and research in diabetes. Consumer health information is located under the headings of **Diabetes News & Information**. Information at this site includes:

- **Online Library** section which includes a consolidated listing of all the material available.
- **Beginner's Guide** section, including a general overview, questions to ask your doctor, all about blood sugars, monitoring basics, oral medications, nutrition and exercise information.
- **Online Discussion Groups**
- **Online Classes**—these classes take an average of 15 minutes to complete. Topics include *New to Diabetes*, *Managing Blood Sugar*, *Defining Diabetes*, *Assessing Your Diabetes Knowledge*, *Assessing Your Diabetes Actions*, *Treating Type 2 Diabetes with Oral Medications*. Some of them are in multimedia format and include video.
- **Special Section for Asian Americans and Latino Americans.**

National Institute of Diabetes and Digestive and Kidney Diseases

See under topic, **Kidney**

Diet and Nutrition

Food and Nutrition Information Center

<http://www.nal.usda.gov/fnic/>

The Food and Nutrition Information Center (FNIC) was established in 1971. It is located at the National Agricultural Library and is part of the U.S. Dept. of Agriculture. FNIC has a staff of trained nutrition professionals, most of whom are registered dietitians. The FNIC web site received the 2003 Tufts Nutrition Navigator Award and the 2002 Library Journal Award for Best Reference Sources. The site contains over 2000 links to current and reliable nutrition information, including:

- **A-Z Topics List.** Topics include dietary assessment, food labeling, herbal information, weight control and obesity, vegetarian nutrition, and an interactive toolbox. Each topic includes links to other reputable sites, including Mayo Clinic, American Academy of Family Physicians, National Institutes of Health.
- **FNIC Resource Lists,** including subject-specific bibliographies, books, audiovisuals, articles, and web resources. These also include sources of free and low cost nutrition materials.
- **Food Composition** page provides an online searchable database of the nutrient content of foods, Vitamin K content of selected foods, and reports by single nutrients.
- **Dietary Guidelines:** includes USDA's *Nutrition and Your Health: Dietary Guidelines for Americans*, 5th ed., 2000, information on how to put the guidelines into practice.
- **Food Guide Pyramid**
- **Consumer Corner:** includes frequently asked questions, nutrition over the life cycle, information on canning, cooking, recipes, etc.
- **Dietary Supplements**
- **FNIC Search Database**

National Center for Chronic Disease Prevention and Health Promotion. Nutrition and Physical Activity Program

<http://www.cdc.gov/nccdphp/dnpa/index.htm>

CDC's Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public's health and preventing and controlling chronic diseases. Information at this site includes:

- **Nutrition Topics,** such as health eating tips, 5 a day, breastfeeding, safer food.
- **Physical Activity** section with many suggestions for getting started or increasing activity.
- **Overweight & Obesity**
- **Data & Statistics**
- **Recommendations**
- **Publications** for both consumers and professionals
- **Spanish Language**

Disability

MossRehab ResourceNet

<http://www.mossresourcenet.org/>

MossRehab, located in Philadelphia, is a 147-bed facility and offers comprehensive care to people with a broad range of conditions, including stroke, brain injury, spinal cord dysfunction, amputation, orthopedic and musculoskeletal disabilities, and other forms of disability. It is nationally recognized for its comprehensive rehabilitation programs. Consumer health information available at this site includes:

- **Disability fact sheets** on such topics as traumatic brain injury, spina bifida, joint replacement, amputation, aphasia, and driving with a disability.
- **Accessible travel:** information and resources for the disabled traveler.
- **General resources**, on such topics as assistive technology/devices, daily living aids, exercise and specialized disability resources.
- **Americans with Disabilities Act information.**
- **Newsgroups, listservs**
- **In the News section**
- **Search box**

National Center on Physical Activity and Disability (NCPAD)

<http://www.ncpad.org/index.php>

NCPAD is an information center concerned with physical activity and disability. Their goal is to provide options and information to help individuals pursue an activity they think they would enjoy. Information at this site includes:

- **Disability/Condition:** practical information for pursuing a physically active lifestyle while dealing with a disability.
- **Physical Activities**--information about technologies, specific conditions, and disability.
- **Ability to search for related organizations by state**
- **NCPAD News**--a monthly newsletter available online.
- **Search box**

National Institute of Neurological Disorders and Stroke

http://www.ninds.nih.gov/disorders/disorder_index.htm

Established in 1950 by the U.S. Congress, the National Institute of Neurological Disorders and Stroke (NINDS), a division of the National Institutes of Health, is the nation's leading supporter of biomedical research on disorders of the brain and nervous system. Its mission is to reduce the burden of neurological disease through basic and clinical research on the normal and diseased nervous system in an effort to better understand the diagnosis, treatment, and prevention of neurological disorders. Information at this site includes:

- **Neuroscience News:** news concerning the latest research on neurological disorders.
- **Browse All Disorders**, an A-Z arrangement of information about neurological disorders.
- **Browse All Organizations**, an A-Z list of organizations that provide consumer health information about neurological disorders.
- **Link to ClinicalTrials.gov**, providing information on neurological studies currently seeking patients.
- **Search Box**

Drug Information

U.S. Food and Drug Administration. Consumer Drug Information

<http://www.fda.gov/cder/consumerinfo/default.htm>

Information at this site only includes information for drugs approved since January 1998 only. Since it is including newly approved drugs, some may not yet be on the market.

Ear, Nose and Throat

American Academy of Audiology: Consumer Resources

<http://www.audiology.org/consumer>

The Academy is the largest professional organization by and for audiologists, with over 9,600 members. The **Consumer Resources** subsection at this site includes a small number of **video** clips and **Spanish resources** and includes guides on the following:

- **Coping with Hearing Loss**
- **Frequently Asked Questions About Hearing Aids**
- **Hearing Health Quick Test**
- **Aural Mechanics**
- **Tinnitus**
- **Understanding Your Audiogram**
- **What You Should Know About Hearing Loss**
- **Communicating with People Who Are Hard of Hearing**
- **Wireless Phones and Hearing Aid Accessibility**
- **Search Engine**

American Academy of Otolaryngology-Head and Neck Surgery

<http://www.entnet.org/index2.cfm>

The American Academy of Otolaryngology represents more than 10,000 otolaryngologists and is the world's largest organization representing these specialists. Information at this site includes:

- **Hearing Resources**, including information on buying a hearing aid, tinnitus, five-minute hearing test, and noise and hearing protection.
- **Health Information** section includes more than 70 detailed patient information brochures on such topics as snoring and sleep disorders, allergies, balance, tobacco and cancer. Some of the information is in **Spanish**.
- **Press Room** includes recent press releases and other media information.
- **Search Box**

American Speech Language Hearing Association

www.asha.org/default.htm

The American Speech-Language-Hearing Association (ASHA) is the professional, scientific, and credentialing organization for more than 115,000 communication sciences and disorders (CSD) professionals in the world. Its mission is to ensure that all people with speech, language, and hearing disorders have access to quality services to help them communicate more effectively. Information at the web site includes some **Spanish** language materials and also includes:

- **Information on speech, language, and swallowing**, including information on development and disorders, and a list of organizations that sponsor self-help groups.
- **Information on hearing and balance**, including hearing loss, hearing screening and assessment, hearing loss resources, self-help groups.

- **Outreach and Advocacy** includes information on the Model Bill of Rights and information on self-help and special interest groups for people with speech disabilities.
- **Understanding Health Insurance** discusses the three types of traditional health plans available to consumers.

Gastrointestinal

American College of Gastroenterology

<http://www.acg.gi.org/patients>

The American College of Gastroenterology was founded in 1932 to advance the scientific study and medical practice of diseases of the gastrointestinal tract. The College promotes the highest standards in medical education and is guided by its commitment to meeting the individual and collective needs of clinical GI practitioners and its 8,500 members. Some of the web site features include:

- **Patient Information**--a list of GI topics with links to information on this site and related sites.
- **Digestive Health Tips**--tips on healthy eating and what foods to avoid to prevent or curb GI problems.
- **Patient Brochures**--online series of consumer health brochures that can be downloaded .
- **GI Physician Locator**--can be searched by state and/or city.
- **Medical links**--links to other related web sites.
- **Spanish language materials** available at site.

American Gastroenterological Association

<http://www.gastro.org/generalPublic.html>

The American Gastroenterological Association (AGA) was founded in 1897 and currently has 14,000 gastroenterology physicians as members from throughout the world. Information at this site includes:

- **Patient Information Resources**-- includes information on such topics as how the digestive system works, chronic viral hepatitis, pancreatitis, lactose intolerance, colonoscopy, gallstones, various diagnostic procedures, etc. Some information is also available in **Spanish**. Also includes **UpToDate** gastroenterology patient information topics.
- **Multimedia GI Library**, with links to streaming video offering information on many GI health topics, as well as featured articles written by physicians.
- **GI Locator Service**--search for GI specialist by state.

National Digestive Diseases Information Clearinghouse

<http://digestive.niddk.nih.gov>

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **A-Z list of topics and titles.**
- **Easy-to-read Publications** on some topics.
- **Information in Spanish**--translations of selected NDDIC publications.
- **Statistics**
- **Clinical Trials and Guidelines**--studies recruiting patients and full-text clinical practice guidelines

- **Additional Resources**--includes selected list of free full-text online medical journals. Also includes an alphabetical Directory of Digestive Organizations for Patients (and one for Professionals) with addresses, phone numbers, and links to e-mail addresses and Internet sites.

Head Injury

Brain Injury Association

<http://www.biausa.org/>

The Brain Injury Association of America was founded in 1980 with the mission of improving the quality of life of those who have sustained brain injuries. Today it encompasses a national network of more than 40 chartered state affiliates across the country. The Association acts as a clearinghouse of community service information and resources, facilitating prevention awareness, hosting educational programs, encouraging research, and participating in legislative advocacy.

Information at this site includes:

- **State and Local contact information**
- **Full-text publications**, including a Road to Rehab series, *Prevention Matters*, with articles on such topics as "Preventing Brain Injuries Among Seniors," and the newsletter, *TBI Challenge*.
- **A Catalog of educational resources available for purchase**
- **A Guide to Selecting and Monitoring Brain Injury Rehabilitation Services**
- **Links to other Internet sites**
- **Information in Spanish**

Heart

American Heart Association

<http://www.americanheart.org>

The mission of the American Heart Association is to reduce disability and death from cardiovascular disease and stroke. The web site contains a large amount of information of interest to the consumer, including:

- **Health and Stroke Encyclopedia**, in an A-Z arrangement.
- **Healthy Lifestyle section**, including information on exercise and fitness, healthy eating, various health tools, cholesterol, heart disease, and managing your lifestyle.
- **Diseases and Conditions** section—includes congestive heart failure, high blood pressure, cholesterol, and arrhythmias.
- **Warning Signs**, including information on heart attack, stroke and cardiac arrest warning signs.
- **CPR and ECC**--class information.
- **Publications and Resources**
- **Advocacy and fund raising**
- **News section**
- **Local information**
- **Spanish version**
- **Search Box**

HeartCenterOnline

<http://www.heartcenteronline.com>

HeartCenterOnline focuses exclusively on each condition to provide the most depth and breadth of physician-edited information and health tools. This has enabled them to develop the most useful tools available to help people monitor their health and manage their conditions, develop a comprehensive, easy-to-understand encyclopedia of original, physician-reviewed health information, and organize content into easily accessible "health centers," providing interactive resources, peer-support communities, illustrations and animations, current news and feature articles on a wide range of health topics. There is a member login required for some services. Information at this site includes:

- **Conditions and Diseases**
- **Procedures and Tests**
- **Drugs and Medications**
- **Free newsletter**
- **Tools and resources** including news, quizzes, ask the experts, physician finder and others.
- **Prevention and Wellness**, searchable by lifestyle, risk factors, and nutrition.
- **Specialty Centers:** some topics covered: blood pressure, bypass surgery, cholesterol, heart failure, stents, etc.
- **Animation and Illustration Library** with interactive videos.

Hepatitis

CDC. Division of Viral Hepatitis

<http://www.cdc.gov/ncidod/diseases/hepatitis/>

The Centers for Disease Control web site includes consumer health information on Hepatitis A, B, C, D and E. Information for each disease includes:

- **Fact Sheet**
- **Frequently Asked Questions**
- **Links**
- **Information in Spanish**
- **Educational Materials**

VA National Hepatitis C Program

<http://www.va.gov/hepatitisc/pted/pted.htm#hepc>

Sponsored by the VA's National Hepatitis C Program, this web site is designed to be an informational and educational resource on viral hepatitis for health care providers, veterans, and the general public. The **Patient's Corner** provides basic information on viral hepatitis for patients, their families, and the general public. Included here is:

- **Hepatitis C Basics**
- **Hepatitis C Treatment Series**
- **Complicating Factors**
- **Living with Hepatitis C**
- **Hepatitis B**
- **Hepatitis A**

Homelessness

Department of Veterans Affairs Homeless Veterans

<http://www1.va.gov/homeless/>

This site provides an overview of services available to homeless veterans through the VA offering outreach to homeless veterans, clinical referrals, long-term shelter options, employment assistance and permanent housing options. Information at this site includes:

- **VA's Homeless Providers Grant and Per Diem Program**
- **AmeriCorps**
- **Loan Guarantee Program for Homeless Veterans Multifamily Housing**
- **VA Assistance to Stand Downs**
- **Veterans Industries**
- **CHALENG**
- **Domiciliary Care for Homeless Veterans**

Homes and Communities (U.S. Dept. of Housing and Urban Development)

<http://www.hud.gov/homeless/index.cfm>

This site, part of the web site of the U.S. Dept. of Housing and Urban Development (HUD), provides information on what help is available to the homeless through their agency as well as assistance available through other sources. Includes information on:

- **Local homeless assistance**
- **Housing Counseling**
- **Information for homeless veterans (HUDVet)**
- **Links to information on food stamps, food bank locator, help from the VA**
- **Providing help to the homeless**
- **Information available by state**
- **Information on buying homes**
- **Volunteer and homeless assistance provider links**
- **Information available in Spanish**

National Coalition for Homeless Veterans

<http://www.nchv.org/>

The National Coalition for Homeless Veterans (NCHV) was founded in 1990 by a group of community-based homeless veteran service providers. Its mission is to end homelessness among veterans by shaping public policy, promoting collaboration, and building the capacity of service providers. Information at this site includes:

- **Listing of Veterans Service Organizations**
- **Toll-free number to obtain information on the nearest location of a VA medical facility**
- **Housing for the homeless**
- **Employment services**
- **Legal assistance**
- **Temporary financial assistance**
- **Statistical information on homeless veterans**
- **Grant Opportunities**
- **Discussion on public policies and legislation affecting homeless veterans**

Kidney

American Association of Kidney Patients

<http://www.aakp.org/>

The American Association of Kidney Patients was founded over 30 years ago to serve the needs, interests and welfare of all kidney patients and their families. It has more than 8,000 members, including patients, family members, renal professionals and institutional members. Information at this site includes:

- **AAKP Kidney Beginnings: The Magazine**, featuring articles on healthy living for people with chronic kidney disease.
- **AAKP Patient Plan** provides information on treatment options, diet, and more.
- **Electronic newsletter** contains information on new programs and research
- **Nutrition Counter**, specifying the amount of sodium, potassium, protein, phosphorus and calories in food.
- **Spanish language section.**

National Institute of Diabetes & Digestive & Kidney Diseases

<http://www.niddk.nih.gov>

A branch of the National Institutes of Health, the NIDDK web site contains a **Health Information** section for consumer health information and includes the following:

- **Learn About Diseases and Conditions:** provides basic information, statistics, links to professional and voluntary organizations, **Spanish** translations, easy-to-read publications, for:
 - ✓ **Diabetes**
 - ✓ **Digestive Diseases**
 - ✓ **Weight Control**
 - ✓ **Endocrine and Metabolic Diseases**
 - ✓ **Hematologic Diseases**
 - ✓ **Nutrition**

National Kidney Foundation

<http://www.kidney.org/>

The National Kidney Foundation is a voluntary health organization that seeks to prevent kidney and urinary tract diseases, improve the health of people affected by these diseases, and increase the availability of organs for transplantation. Information at this site includes:

- **A-Z listing of topics**, also searchable by broad categories such as treatment, rehabilitation, and nutrition. The size of the text can also be enlarged.
- **Living Well on Dialysis Cookbook**
- **E-Kidney**, an online newsletter
- **Kidney Learning Systems** provides comprehensive education about the continuum of chronic kidney disease.
- **GFR Calculator** teaches about the glomerular filtration rate (GFR) test and interpreting lab values
- **Message Boards and Chat Groups**
- **News releases** for the past year
- **Spanish language materials**

Laboratory Tests

Lab Tests Online

<http://www.labtestsonline.org/lab/index.html>

Lab Tests Online has been designed to comply with the principles of the Health On the Net (HON) Code of Conduct for medical and health web sites. Note: Content has been updated despite front page stating a 2001 update. Information at this site includes:

- **Information on approximately 150 tests**, including basic information about the test, more detailed information, common questions, an opportunity to ask a question, and other related links at the site.
- **Information on approximately 70 diseases and conditions**, with links to related tests as well as other web links.
- **Screening tests** recommended for various age groups.
- **Understanding your tests** section.
- **In the news** section.

Mental Health

Mental Help Net

<http://mentalhelp.net/>

Mental Help Net was launched in 1995 to provide mental health information to professionals as well as laypeople. Information at this site includes:

- **Information on almost 100 mental health topics**, including abuse, family and relationship issues, PTSD, anger and emotions.
- **Psychological Self-Help book**, providing information on understanding the problem and the solution and applying self-help methods
- **Self-Help Sourcebook Online**, providing a database of over 800 national self-help support groups, searchable by topic.

National Mental Health Association

<http://www.nmha.org>

The National Mental Health Association (NMHA) was established in 1909 by former psychiatric patient Clifford W. Beers as a result of the poor treatment he received in his stays in public and private institutions. NMHA is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. There are more than 340 affiliates nationwide. NMHA is dedicated to promoting mental health, improving and preventing mental illness disorders through advocacy, education, research and service. Information at this site includes:

- **Mental Health Information Fact Sheets** on such topics as general anxiety disorders, PTSD, depression in later life, bipolar disorder, seasonal affective disorder, schizophrenia, coping with loss, substance abuse, codependency, controlling your anger, guidelines for seeking help.
- **Confidential Depression Screening Test**
- **E-Mail Newsletter Sign-Up**
- **Mental Health Resource List** with links to other sites
- **Search Box**

Neurology

National Institute of Neurological Disorders and Stroke

http://www.ninds.nih.gov/disorders/disorder_index.htm

Established in 1950 by the U.S. Congress, the National Institute of Neurological Disorders and Stroke (NINDS), a division of the National Institutes of Health, is the nation's leading supporter of biomedical research on disorders of the brain and nervous system. Its mission is to reduce the burden of neurological disease through basic and clinical research on the normal and diseased nervous system in an effort to better understand the diagnosis, treatment, and prevention of neurological disorders. Information at this site includes:

- **Neuroscience News:** news concerning the latest research on neurological disorders.
- **Browse All Disorders:** an A-Z arrangement of information about neurological disorders.
- **Browse All Organizations:** an A-Z list of organizations that provide consumer health information about neurological disorders.
- **Link to ClinicalTrials.gov,** providing information on neurological studies currently seeking patients.
- **Search Box**

National Multiple Sclerosis Society

www.nationalmssociety.org.

The National Multiple Sclerosis Society and its network of nationwide chapters promote research, educate, advocate, and organize a wide range of programs for individuals with multiple sclerosis. It has invested nearly \$350 million in research since it was founded in 1946.

Information at this site includes:

- **About MS**--up-to-date information.
- **Treatments**
- **Research**--information about current research and clinical trials.
- **Headlines**--latest news on treatments and related legislation.
- **Chapter Locator**--can be sorted by state and city.
- **Web casts**

National Parkinson Foundation

<http://www.parkinson.org/>

The National Parkinson Foundation was established in 1957 with a mission of finding the cause and cure of Parkinson's Disease. The foundation supports researchers, physicians, occupational, physical and speech therapists and psychological counseling. It also provides educational and medical information for Parkinson patients, their families, neurologists and general medical practitioners. Information at the web site includes:

- **About Parkinson Disease**
- **Search Box**
- **Surveys and Questionnaires**, including mini mental status exam, Parkinson Test, anxiety test, memory test, tremor test, mood swings test, and many more.
- **Caregiver Resources** includes information on the caregiver's role, an opportunity to share experiences, and a caregivers' forum.
- **Discussion Corner**--online chat rooms and forums.
- **Find Resources**--locate local chapters, outreach centers, physicians, centers of excellence, and support groups.
- **Clinical Trials**

Society for Neuroscience

<http://www.sfn.org>

The Society, formed in 1970, is a nonprofit organization of over 36,000 basic scientists and physician members who study the brain and nervous system. There are professional publications, clinical information, and public awareness/advocacy campaign resources. The Public Resources section includes:

- **Conditions, Disorders, & Diseases**
- **Experts & Specialists** - information on how to locate doctors by state.
- **Clinical Trial Information**
- **Discipline/Age-Specific Sections** -separate sections for students & teachers, parents and young people
- **Fact Sheets**
- **Search Box**

PTSD

National Center for PTSD

www.ncptsd.va.gov

The National Center for Post-Traumatic Stress Disorder (PTSD) was created within the Department of Veterans Affairs in 1989, in response to a Congressional mandate to address the needs of veterans with military-related PTSD. Its mission is to advance the clinical care and social welfare of veterans through research, education, and training in the science, diagnosis and treatment of PTSD and stress-related disorders. Information at this site includes:

- **Topics in PTSD:** contains a variety of information in the form of fact sheets, full text articles, and other online resources, on such topics as assessment, early intervention, general information, relationships, spirituality, and treatment.
- **Fact Sheets** organized in the following large categories: general information, treatment, veterans, disasters, special topics, and recommended books for the nonprofessional reader.
- **Frequently Asked Questions:** the top ten most frequently asked questions concerning PTSD.
- **PTSD Assessment**
- **PTSD Publications**
- **Information in Spanish**
- **PILOTS Database:** Access the largest interdisciplinary index to the worldwide literature on traumatic stress, which contains over 22,000 abstracts.
- **Search Engine**

Rare Diseases

Office of Rare Diseases

<http://rarediseases.info.nih.gov>

The Office of Rare Diseases (ORD) was established in 1993 within the Office of the National Institutes of Health (NIH). A rare disease, also called an orphan disease, is a disease or condition

affecting fewer than 200,000 persons in the United States. This web site contains information on more than 6,000 rare diseases, including:

- **Rare Diseases Terms**, a list of names of more than 6,000 rare diseases with links to select government databases.
- **Research and Clinical Trials**
- **Genetic and Rare Diseases Information Center**, including telephone numbers and contact information for Spanish speakers.
- **Patient support groups**
- **Patient travel and lodging information**: direct links to many charitable or special fare flights to research and treatment sites.
- **Publications from scientific and medical journals.**
- **Genetic information, counseling and services.**

This site is targeted to the professional and the sophisticated consumer.

Respiratory

American Lung Association

<http://www.lungusa.org/>

The American Lung Association was established in 1904 to fight tuberculosis and is the oldest voluntary health organization in the United States. Today, its mission is to prevent all forms of lung disease and to promote lung health, with special emphasis on asthma, tobacco control and environmental health. Information at this site includes:

- **Asthma section**, including fact sheet, asthma medicines, peak flow meters and chart, information in **Spanish**.
- **Tobacco Control section**, including fact sheet, smoking cessation resources fact sheet, quit smoking action plan, nicotine replacement therapy, newsletter sign-up.
- **Air Quality** section, including press releases, fact sheets, special reports, indoor and outdoor air quality.
- **A-Z Listing of Lung Diseases**
- **Online tutorial of the respiratory system and how it works**
- **Statistical Information**
- **Information in Spanish**
- **Search Box**

Substance Abuse

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

<http://www.niaaa.nih.gov>

NIAAA is one of 19 institutes that comprise the National Institutes of Health (NIH). Its mission is to support and conduct biomedical research on the causes, consequences, treatment and prevention of alcoholism and alcohol-related problems. **Material for both the patient/consumer and the health care professional are intermixed.** Information at this site includes:

- **Frequently asked questions**, in English and **Spanish**.
- **Easy-to-read publications and brochures** in English and **Spanish**, on general topics such as *How to cut down on drinking*, *Aging and alcohol abuse*, *Alcoholism: getting the facts*.
- **Graphic Gallery**--graphics that have been used in NIAAA's publications and presentations in PDF format.

- News releases and advisories
- Links to clinical trial sites
- Links to other alcohol-related sites.

U.S. Dept. of Health and Human Services and SAMHSA's National Clearinghouse for Alcohol and Drug Information

<http://www.health.org>

The National Clearinghouse for Alcohol and Drug Information (NCADI) is the information service of the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP). NCADI is the world's largest resource of current information and materials on substance abuse. SAMHSA is staffed by English and Spanish-speaking specialists. They are available 24 hours a day, 7 days a week at 1-800-729-6686. Items may be viewed online or ordered online for either free or at a nominal cost. Information at this site includes:

- **Drug Fact Sheets**
- **Publications targeted to specific audiences**, such as the elderly, American Indians, women, children of substance abusers, and veterans.
- **Resource section provides links to other Internet sites** including those dealing with treatment centers and self-help groups.
- **Issues menu** includes information on such topics as treatment, drug testing, violence, and prevention.
- **Multimedia section** includes e-books, web chats, and talking books.
- **Videos**, for online preview available prior to purchasing.

Surgery

While there is not a single all-encompassing site devoted to surgical procedures that meets the criteria established for this document, the following sites have sections devoted to surgery. Depending on the site, information is provided on procedures, pre- and post-care, and general information.

MedlinePlus

<http://www.nlm.nih.gov/medlineplus/tutorial.html>

Interactive Tutorials contains a section entitled *Surgery and Treatment Procedures* that provides multi-media presentations on about 75+ surgical procedures and related pre-or post-care.

NOAH: New York Online Access to Health -- Surgery

<http://www.noah-health.org/en/procedures/surgery/>

Part of the NOAH site. The *Surgery* section contains the following sections:

- What is Surgery?
- Care and Treatment
- Complications and Concerns – with a section entitled “Surgery and Seniors”
- Information Resources

Ohio State University Medical Center

<http://medicalcenter.osu.edu/patientcare/healthinformation/education/>

*Choose *Surgery* from Health Topics

Two-three page black and white handouts written very clearly with some illustrations. Material is copyrighted by the Ohio State University Medical Center. Topics covered are:

- General Documents
- Orthopaedics
- Transplant

Urology

American Foundation for Urologic Disease

<http://www.afud.org/>

The American Foundation for Urologic Disease is a nonprofit organization that was established in 1987 for the purpose of preventing and curing urologic disease, through the expansion of patient education. Information at the site includes information on:

- **Prostate**
- **Incontinence**
- **Impotence**
- **Infertility**

National Kidney and Urologic Diseases Information Clearinghouse

<http://kidney.niddk.nih.gov/>

Information at this site includes:

- **Urologic Diseases Topics**
- **Easy-to-Read Publications**
- **Spanish-Language publications** (very limited at this time)
- **Statistics**
- **Order Forms** (single copies of most titles are free of charge.)
- **Search Box**

VA Sites

These VA Sites are all available on from the VA-Internet site. The sites contain information of interest of VA programs for veterans:

Agent Orange

<http://www1.va.gov/agentorange/>

Blind Rehabilitation Program

<http://www1.va.gov/blindrehab/>

Center for Women Veterans

<http://www1.va.gov/womenvet/>

Faith Based and Community Initiatives

<http://www1.va.gov/opa/fbci/>

Federal Benefits for Veterans and Dependents (2005 ed.)

<http://www1.va.gov/opa/vadocs/Fedben.pdf>

Geriatrics and Extended Care

<http://www1.va.gov/geriatricsshg/>

Gulf War Illnesses

<http://www1.va.gov/gulfwar/>

National Center for Post Traumatic Stress Disorder (PTSD)

<http://www.ncptsd.va.gov/>

Public Health Strategic Health Care Group

<http://vhaaidsinfo.cio.med.va.gov/default.htm>

- HIV/AIDS
- Flu
- Smoking and Tobacco

VA Diabetes Program

<http://www1.va.gov/diabetes>

VA National Hepatitis C Program

<http://www.hepatitis.va.gov/>

VA Kidney Diseases Program

<http://www1.va.gov/kidney/>

- Dialysis Centers

VA National Transplant Program

<http://www1.va.gov/transplant/>

VA Oncology Program

<http://www1.va.gov/cancer/index.cfm>

Vet Center Readjustment Counseling Service

<http://www.va.gov/rcs/>

War Related Illness and Injury Study Center

<http://www.va.gov/wriisc-dc/default.asp>

Women's Health

FORCE: Facing Our Risk of Cancer Empowered, Inc.

<http://www.facingourrisk.org>

FORCE is a nonprofit organization for women at risk for breast or ovarian cancer. Its advisory board consists of physicians (in the fields of gynecologic oncology, plastic surgery, radiology, breast surgery), social workers, genetic counselors, and psychotherapists. Site includes:

- **Resource Guide:** information on a variety of topics including evaluating risk, researching family history, insurance issues, finding good health care, breast self-exam, diagnostic tests, surgery, breast reconstruction, support groups, book recommendations.
- **Reading Room**
- **What's New**
- **Message Boards**

National Women's Health Information Center

<http://www.4woman.org/>

This site is a service of the Office on Women's Health in the Department of Health and Human Services and provides a variety of women's health-related information from the Department, other federal agencies, and private sector resources. Includes:

- **Today's Health News**
- **FAQs about women's health**
- **Monthly Featured Health Articles** in English and **Spanish**.
- **Important Resources**, i.e. National Women's Health Week, hot topics in Congress, Women's Health calendar, statistics.
- **Spanish section.**
- **Special Sections** on a variety of topics including:
 - ✓ Heart health
 - ✓ Violence
 - ✓ Daybook
 - ✓ Menopause hormone therapy

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1. other lists of web sites that are well respected in the health field. These were used as a source of sites to review.
2. references that offer helpful hints on how to evaluate the usefulness and reliability of health related web sites

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